Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Thursday, March 9, 2023

100 Reasons To Stay Alive ❤❤❤

Found this as a comment on YouTube ~ Beautiful ~ Enjoy each sacred moment

100 Reasons To Stay Alive ❤❤❤

1. to make your parents proud
2. to conquer your fears
3. to see your family again
4. to see your favourite artist live
5. to listen to music again
6. to experience a new culture
7. to make new friends
8. to inspire
9. to have your own children
10. to adopt your own pet
11. to make yourself proud
12. to meet your idols
13. to laugh until you cry
14. to feel tears of happiness
15. to eat your favourite food
16. to see your siblings grow
17. to pass school
18. to get tattoo
19. to smile until your cheeks hurt
20. to meet your internet friends
21. to find someone who loves you like you deserve
22. to eat ice cream on a hot day
23. to drink hot chocolate on a cold day
24. to see untouched snow in the morning
25. to see a sunset that sets the sky on fire
26. to see stars light up the sky
27. to read a book that changes your life
28. to see the flowers in the spring
29. to see the leaves change from green to brown
30. to travel abroad
31. to learn a new language
32. to learn to draw
33. to tell others your story in the hopes of helping them
34. Puppy kisses.
35. Baby kisses (the open mouthed kind when they smack their lips on your cheek).
36. Swear words and the release you feel when you say them.
37. Trampolines.
38. Ice cream.
39. Stargazing.
40. Cloud watching.
41. Taking a shower and then sleeping in clean sheets.
42. Receiving thoughtful gifts.
43. “I saw this and thought of you."
44. The feeling you get when someone you love says, “I love you."
45. The relief you feel after crying.
46. Sunshine.
47. The feeling you get when someone is listening to you/giving you their full attention.
48. Your future wedding.

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About Me

Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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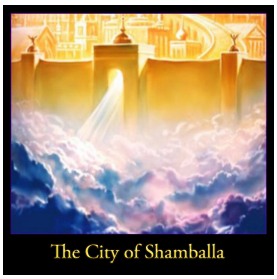

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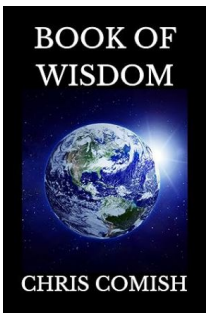

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49. Your favourite candy bar.
50. New clothes.
51. Witty puns.
52. Really good bread.
53. Holding your child in your arms for the first time.
54. Completing a milestone (aka going to college, graduating college, getting married, getting your dream job.)
55. The kind of dreams where you wake up and can't stop smiling.
56. The smell before and after it rains.
57. The sound of rain against a rooftop.
58. The feeling you get when you're dancing.
59. The person (or people) that mean the most to you. Stay alive for them.
60. Trying out new recipes.
61. The feeling you get when your favourite song comes on the radio.
62. The rush you get when you step onto a stage.
63. You have to share your voice and talents and knowledge with the world because they are so valuable.
64. Breakfast in bed.
65. Getting a middle seat in the movie theatre.
66. Breakfast for dinner (because it's so much better at night than in the morning).
67. feeling of being loved
68. Forgiveness.
69. Water balloon fights.
70. New books by your favourite authors.
71. Fireflies.
72. Birthdays.
73. Realising that someone loves you.
74. Spending the day with someone you love.
75. Spending the whole day in bed.
76. Eating a whole pint of your favourite ice cream.
77. Floating in water on your back and just staring up at the sky.
78. First dates (even the bad ones make for funny stories.)
79. Bonfires and s'mores.
80. Relationships where you love someone but aren't in love with them.
81. Coming home to someone you love.
82. The colour of autumn leaves when they change. Summer.
83. Singing songs at the top of your lungs with your friends.
84. Cuddling.
85. Being wrapped up in a warm bed.
86. Someone's skin against yours.
87. Holding hands.
88. The kind of hugs when you can feel a weight being lifted off your shoulders. The kind of hug where your breath syncs with the other person's, and you feel like the only two people in the world.
89. Singing off key with your best friends.
90. Road trips.
91. Spontaneous adventures.
92. The feeling of sand beneath your toes.
93. The feeling when the first ocean wave rolls up and envelops your toes and ankles and knees.
94. Thunderstorms.
95. Your first (or hundredth) trip to Disneyland.
96. The taste of your favourite food.
97. The child-like feeling you get on Christmas morning.
98. The day when everything finally goes your way.
99. Compliments and praise.
100. to look on this moment in 10 years time and realise you did it.

PS: there are so many beautiful things to live. so live, and live, and live.

Yes, it's copied.

- March 09, 2023

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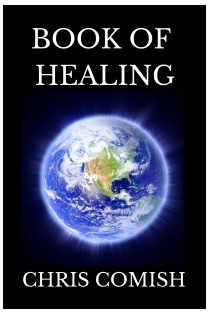

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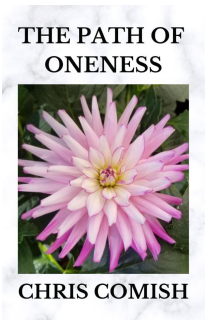

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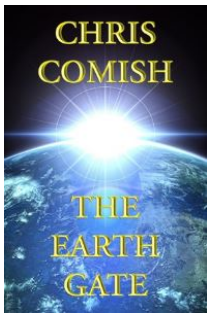

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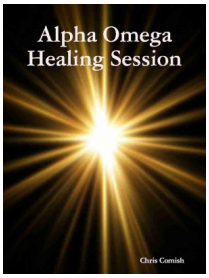

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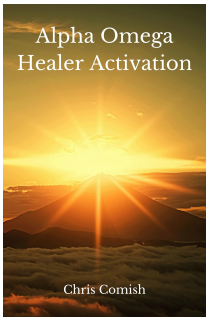

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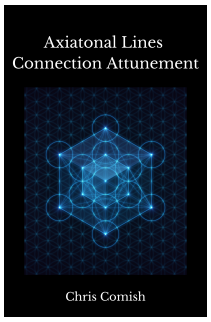

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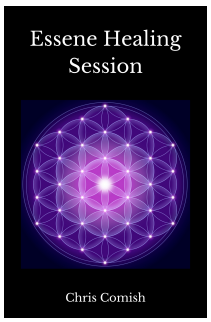

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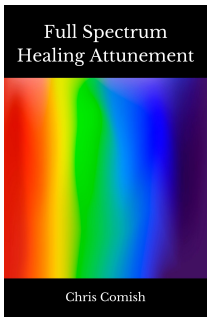

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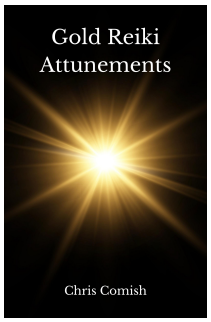

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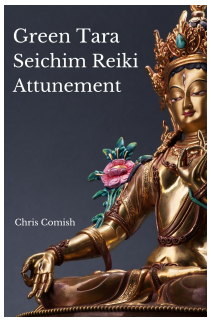

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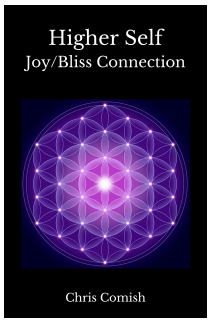

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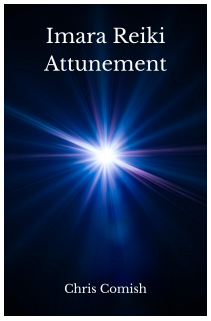

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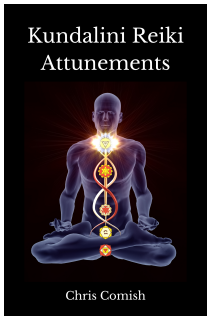

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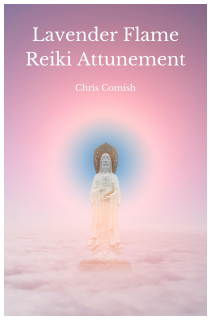

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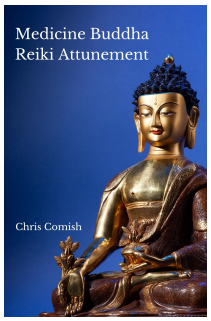

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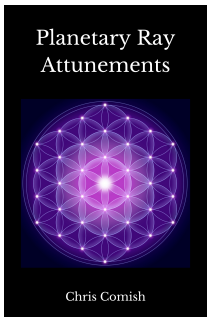

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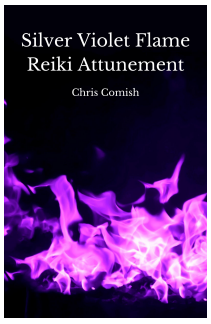

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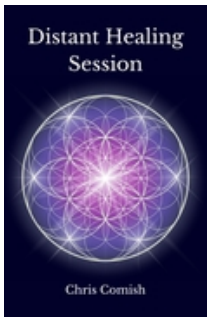

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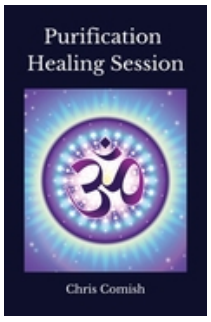

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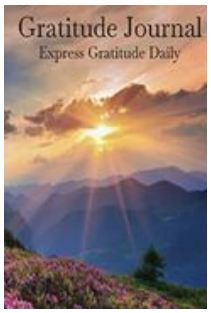

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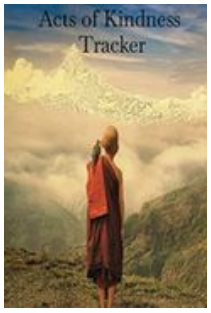

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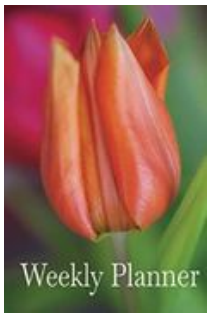

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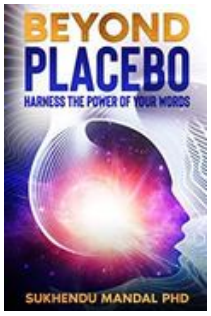

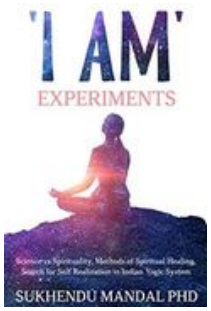

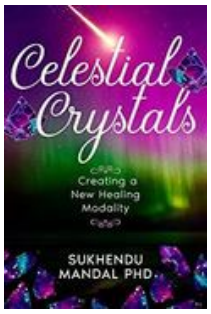

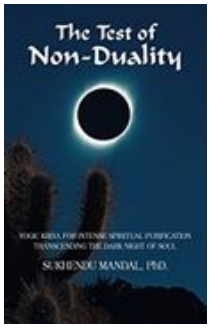

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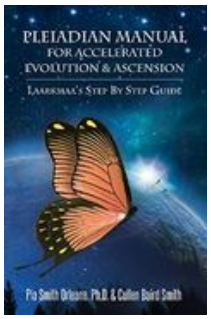

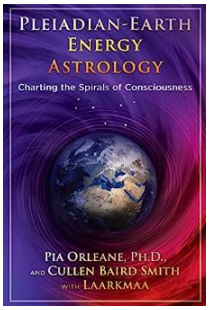
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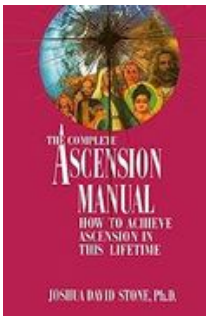
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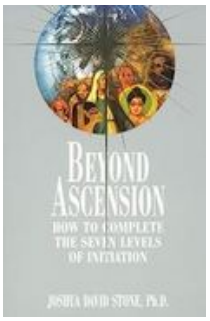
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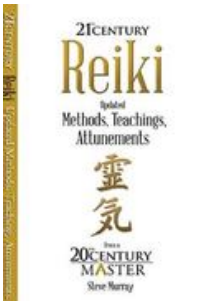
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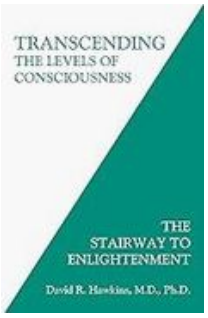
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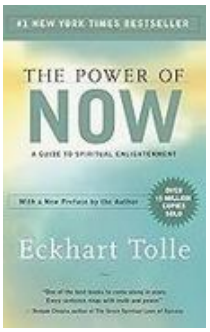
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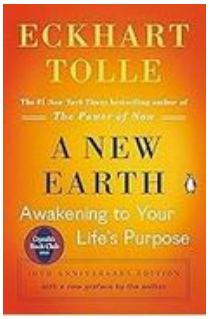
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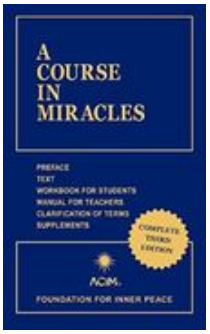
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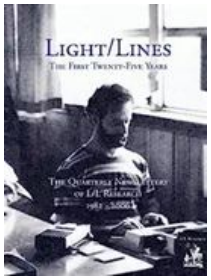
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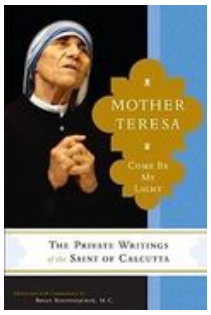
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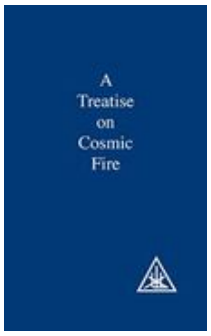
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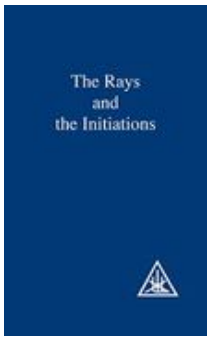
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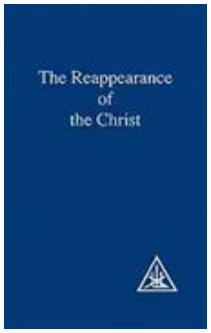
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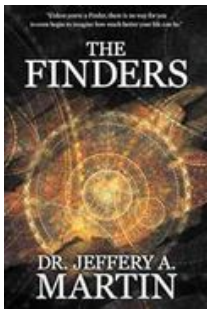
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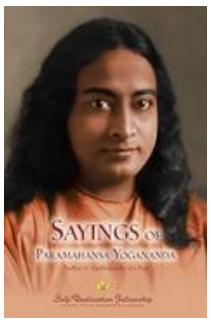
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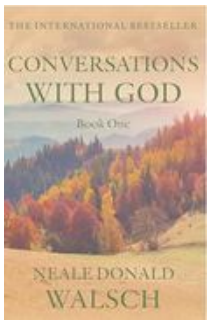
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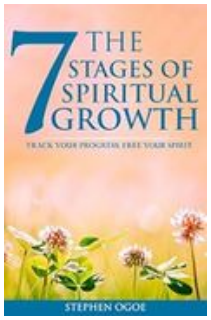
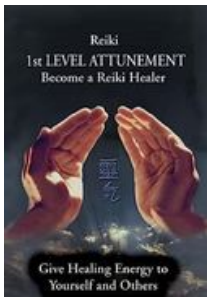
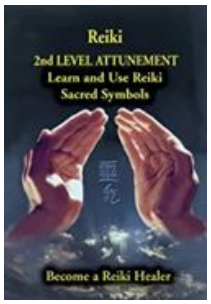
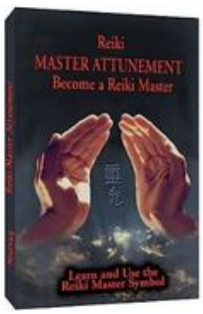
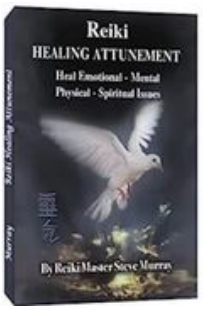


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- ► 2026 (7)
- ► 2025 (312)
- ► 2024 (77)
- ▼ 2023 (21)
  - ► December (3)
  - ► October (1)
  - ► September (1)
  - ► August (4)
  - ► June (5)
  - ► May (3)
  - ► April (3)
  - ▼ March (1)
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- ► 2022 (15)
- ► 2021 (1)
- ► 2020 (1)
- ► 2018 (2)
- ► 2017 (2)
- ► 2016 (5)
- ► 2014 (1)
- ► 2013 (4)
- ► 2012 (18)
- ► 2011 (51)
- ► 2010 (19)

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- 2012
- 2014
- 5D
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- afterlife
- ageless wisdom
- alien
- aliens
- angels
- anger
- archangels
- ascended
- ascended masters
- ascension
- astral
- attunements
- audiobook

- black triangle
- buddha
- chakras
- challenges
- channeling
- CHI
- cho ku rei
- chris comish
- city of shamballa
- conscious
- contact
- convergence
- cosmic
- cosmic council
- creator
- criminals
- david wilcock
- divine
- earth
- ebook
- energy
- entities
- esoteric
- essene
- experience
- faith
- faith. Love
- forgiveness
- free will
- freedom from duality
- french toast
- full spectrum healing
- gate
- ghosts
- go daddy
- God
- golden age
- harmonic
- Harmonic Convergence
- healing
- heart
- higher self
- hitchhiker
- holidays
- Human Body Energy Centers
- illuminati
- invocation
- kwan yin
- lavender flame
- law of one
- lessons
- liberation
- life
- life review
- light
- link
- ll research
- logoic body
- love
- manifestation
- masters

- Mayan Prophecy
- meaning
- meditation
- member of the month
- members
- metaphysics
- movies
- Noah
- numbers
- nwo
- oneness
- Osama bin Laden
- polarity
- postage
- prayer
- protection
- purification
- purpose
- quan yin
- quotes
- reiki
- reiki attunement
- reiki key chain
- religion
- resentment
- satisfaction
- service
- session
- shamballa
- sirius
- soul
- space
- spacecraft
- spirit
- spirituality
- stamps
- teachings
- the city of shamballa
- time
- trees
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